ES&H April Newsletter 2018

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AMES LABORATORY
Creating Materials & Energy Solutions
U.S. DEPARTMENT OF ENERGY

ES&H Newsletter - April, 2018

Key Dates:

- April 16-20th – Registration for challenge + DOE Mile
- May 1st - Challenge begins & DOE Mile
- July 2nd - Challenge Ends
- July 6th - Last day to record activity minutes
- July 16th - Winner's Announced/Picnic

What is Active for Life?

Ames Laboratory Active for Life is a laboratory wide challenge that will take place over 8 weeks. You will create a goal for yourself with whatever activity level/minutes you are comfortable.

(Remember-don't make it too easy, you want to push yourself, but also make it attainable.)

The competition is designed to encourage people to become more physically active and improve their overall health.

In the end, the team with the most steps and activity minutes wins!

How to Sign Up!

1. Get together a team (8 people or less)
2. Create a fun team name
3. Name a team captain
4. Set a weekly goal
5. Get active!!

Having trouble finding a team? Email activeforlife@ameslab.gov or stop by **Occupational Medicine** for more information!

Stay tuned for more updates and announcements.

Laboratory Event: Thursday, April 19, 1:30pm, 301A/B Spedding Hall

The Laboratory's Environmental Management System Steering Committee has scheduled an informational session with Steve Wilson, the Energy Services Coordinator for City of Ames Electric Services. Steve will be presenting information about energy production here in Ames, renewable energy opportunities in the area and tips and tricks for you to use at home to reduce your energy consumption.

You can do your part everyday with the following Laboratory and local resources!

Ames Laboratory Recycling Guidelines

Household Hazardous Waste Handout

Waste Minimization/Pollution

Waste Minimization/Pollution Prevention Plan

Iowa Department of Natural Resources

Iowa State University Recycling

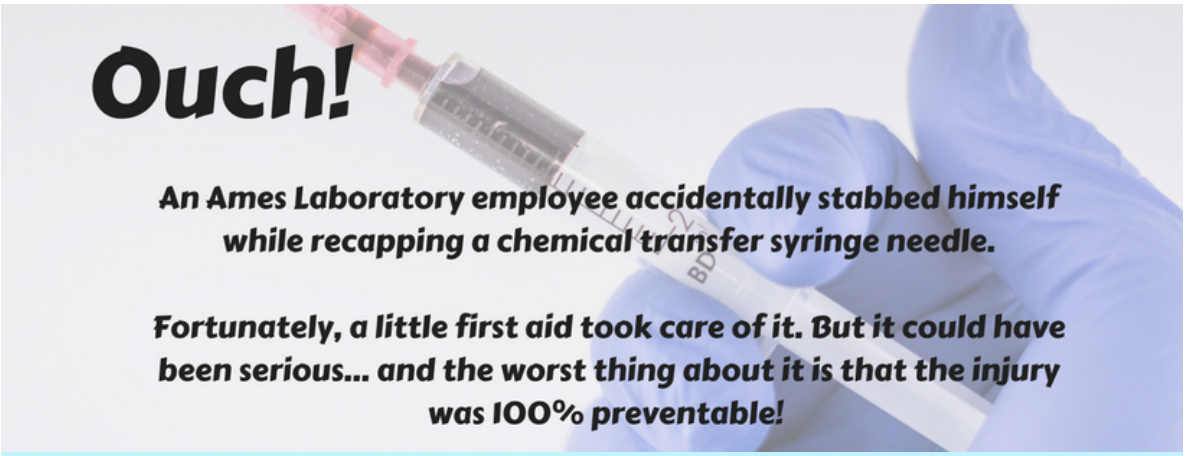
City of Ames Recycling

Are you curious about the Laboratory's efforts to operate in an environmentally sound manner? Take look at the following plans describing our performance in energy use and consumption, water conservation, sustainable purchasing, greenhouse gas emissions, and waste disposal and recycling.

Site Sustainability Plan Site Environmental Report

Doing your part in handling laboratory wastes can be as simple as following the guidance found on your Satellite Accumulation Area signs. Follow the link for more on waste management or contact us, we'd be happy to come to your lab and discuss your specific wastes, recycling opportunities or answer any questions you may have.

For more on Earth Day 2018, follow this link to the Insider.

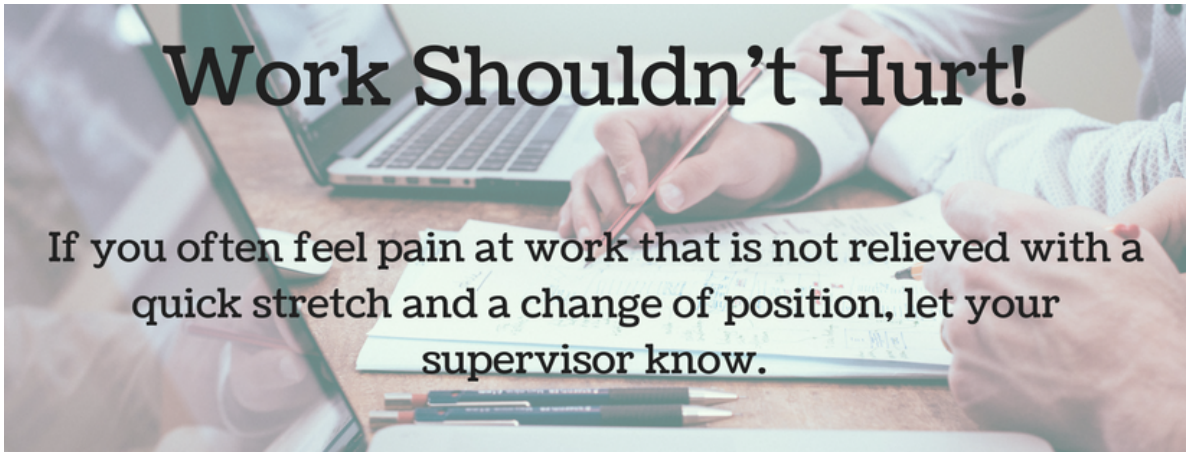


DO:

- Select an appropriate sharps container.
- For potentially bio-hazardous (infectious) sharps, use an approved red container.
- Other laboratory sharps can be discarded in a metal can with a small hole in the lid, a commercial sharps container, or a clean laundry detergent bottle.
- Label the container.
- Drop uncapped sharps in pointy-side down.
- When the container is between ½ and ¾ full, seal it and contact ESH or ISU EHS for disposal.

DON'T :

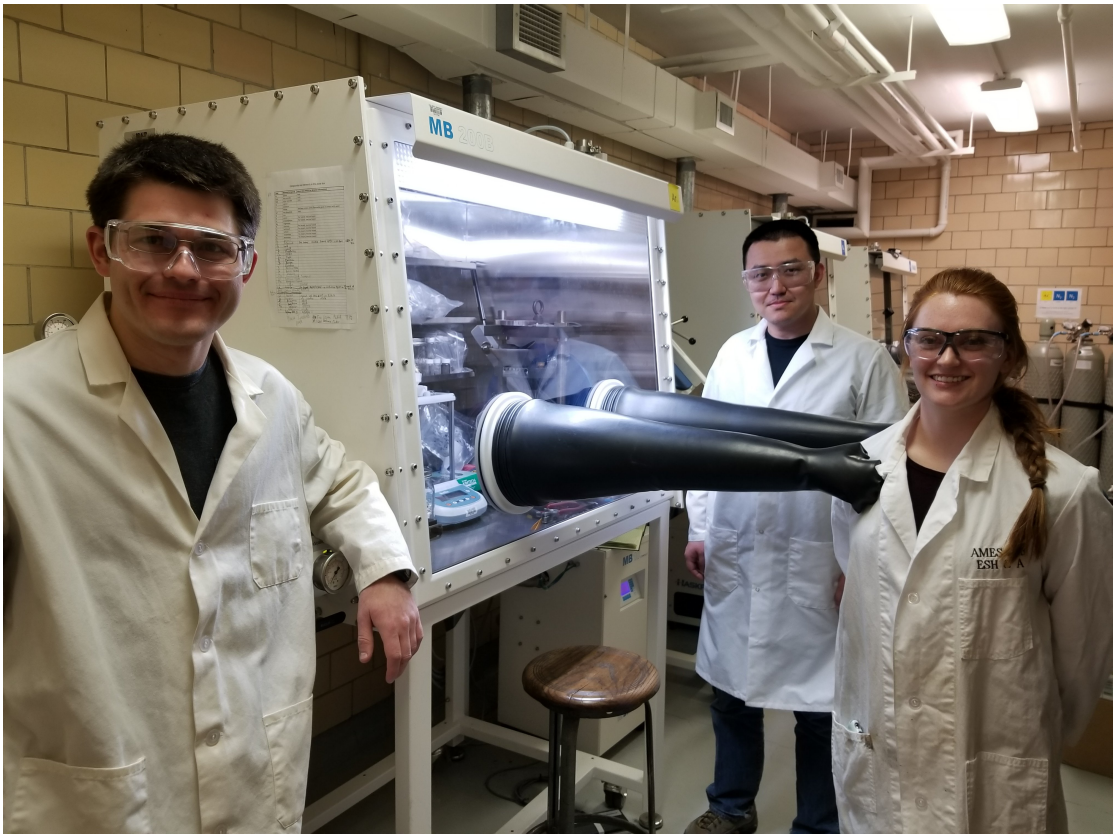
- Push down the contents of a sharps container.
- Use a container that the sharps can puncture.
- Mix glass (broken or not) with other sharps.



To help you learn about adjusting your computer workstation (at home or at work), take a look here:

https://www.osha.gov/SLTC/etools/computerworkstations/index.html

If simple changes to your work set up are not effective, **contact Industrial Hygiene or Occupational Medicine**. We'll work together to make sure that today's ache doesn't become tomorrow's pain.



pictured left to right: William Meier, Mingyu Xu and Melissa Rhodehouse.

Sometimes ESH just facilitates the

Sometimes ESH just facilitates the conversations necessary for work to be done safely.

Such is the case with this month's Safety Heroes. The trio came together because Melissa stopped to think about how to safely clean out her glovebox prior to opening it for maintenance.

This involved cleaning glassware and reactive metals, cesium in particular, from the glovebox. She checked in with ESH for assistance and we were able to provide her resources in the form of William and Mingyu who have experience working with the metals in question.

William was able to give her some advice on safely cleaning glassware in the glovebox, then he and Mingyu helped transfer the metals to their glovebox safely.

Their teamwork in this effort is very much appreciated and makes them Safety Heroes.

This month instead of a mystery photo, we'd like to hear your safety success story.

Did you prevent an accident? PPE prevent an exposure? Use ladder safety while cleaning out your gutters?

Submit your safety success story by **5pm on April 24 to** safety@ameslab.gov for your chance at a **prize** and having your story included in the May ESH Newsletter.

Newsletter

Congrats to the Mystery Safety Photo Winner!

The winner of March's Safety Photo Quiz is:

Sofia Ingersoll!

She identified her shelter area as Spedding Hall.
Thanks to all of our other entrants!

March Photo Quiz Question: It's an Iowa tornado - Where do I go?

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